

La Isla Bonita

Choreographer: Mitsuko Okino 5-25 Dogomidoridai, Matsuyama, Ehime 790-0847, Japan

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Music : "La Isla Bonita (Glee Cast Version feat. Ricky Martin)" Album: Glee Cast

Rhythm : Samba/Rumba ph V+1 Speed : Slow to Suit Date : March 2014 Ver.1.0

Footwork : Opposite, directions for man (lady as noted)

Sequence : Intro - A - Bridge - A mod- B - Interlude - C - D - C - D - Ending

Meas INTRO

1~ 4 (1/2 OP/LOD) WAIT ABOUT 3.5 MEAS ;;;;

1- 4 1/2 OP pos fcg LOD lead foot free wait almost 3.5 meas;;;;

*first fwd step is on drum beat. Just a little bit faster than 4 meas.

Meas PART A

1~ 6 CRUZADO WALKS & LOCKS;; SAMBA RUN;; SLOW VOLTA; TRAVELING VOLTA;

123a4 1- 2 {Cruzado Walks & Locks}Fwd L, fwd R, fwd L/lk R, fwd L;

567a8 Fwd R, fwd L, fwd R./lk L, fwd R;

1a23a4 3- 4 {Samba Run} Trng RF to XIF of W sd & bk L/cont RF trn sd & fwd R, fwd & across L to LF 1/2 OPENV-SHAPE LOD,

5a67a8 fwd R slightly RF trn between W's feet/sd & fwd L slight RF trn, fwd & across R (fwd R slightly RF trn between M's feet/sd & fwd L slightly RF trn, fwd & across R, trng RF to XIF of M sd & bk L/cont RF trn sd & fwd R, fwd & across L); trng RF to XIF of W sd & bk L/cont RF trn sd & fwd R, fwd & across L to 1/2 OPENV-SHAPE LOD, fwd R slightly RF trn between W's feet/sd & fwd L slight RF trn, fwd & across R (fwd R slightly RF trn between M's feet/sd & fwd L slightly RF trn, fwd & across R, trng RF to XIF of M sd & bk L/cont RF trn sd & fwd R, fwd & across L) end fcg ptner WALL;

a1-a3- 5 {Slow Volta} Sd L/XRIF,-, sd L/XRIF,-;

a1a2a3a4 6 {Traveling Volta} Sd L/XRIF, sd L/XRIF, sd L/XRIF, sd L/XRIF of L;

7~ 8 WHISK L & R; SAMBA WALK & SD SAMBA WALK;

1a23a4 7 {Whisk L & R} CPM fcg WALL sd L/XRIB, rec L, sd R/XLIB, rec R;

1a23a4 8 {Samba Walk & Side Samba Walk}Trng slightly LF to SCP fcg LOD fwd L/pull bk R, draw L bk twd R, fwd R/sd & slightly pull bk L, draw R sd twd L;

9~12 SHADOW BOTA FOGOS; CRISS X VOLTA; SAMBA AWAY & TOG; CUCARACHA R & L;

1a23a4 9 {Shadow Bota Fogos} Raise lead hnds lead W under to chg sides fwd L DLW crossing bhd W/trng LF sd R, rec L to complete 1/4 LF trn, lead W under to chg sides fwd R DLC crossing bhd W/trng RF sd L, rec R to complete 1/4 RF trn;

1a2a3a4 10 {Criss Cross Volta}Raise lead hnds leading W under to change sides curving LF XLIF bhd W/sd & bk R, XLIF/sd & bk R, XLIF/sd & bk R, XLIF to end fcg ptr and COH;

1a23a4 11 {Samba Away & Tog}Swvl RF on L fwd R DLW/ XLIB, fwd R, Swvl LF on R fwd L/XRIB, fwd L tch trail hnds *step just like traveling locks even say "samba away & tog" but fc partner at end;

1&23&4 12 {Cucaracha R & L}Sd R extending trail hnds twd LOD/rec L, cl R placing trail hnds on hip, sd L extending lead hnds twd RLOD/rec R, cl L;

13~16 SHADOW BOTA FOGOS; CRISS X VOLTA; SAMBA AWAY & TOG; CUCARACHA L & R;

Repeat 9~12 of Part A from trail foot

Meas BRIDGE

1~ 2 MERENGUE 4 ; TWIRL 2 FWD 2 (1/2 OPEN/LOD);

1234 1 {Merengue 4} Sd L, cl R, sd L, cl R;

5678 2 {Twirl 2 Fwd 2 1/2 OPEN/LOD} Raise lead hnds sd L, cl R (W trn RF under R, L), fwd L, fwd R to 1/2 OPEN fcg LOD;

Meas PART A MOD

1~ 6 CRUZADO WALKS & LOCKS;; SAMBA RUN;; SLOW VOLTA; TRAVELING VOLTA;

7~ 8 WHISK L & R; SAMBA WALK & SD SAMBA WALK;

9~12 SHADOW BOTA FOGOS; CRISS X VOLTA; SAMBA AWAY & TOG; CUCARACHA R & L;

13~16 SHADOW BOTA FOGOS; CRISS X VOLTA; SAMBA AWAY & TOG; CUCARACHA L & R;

Repeat 1~16 of Part A

+ SD.REC.

+ {Sd Rec} Sd L, rec R

Meas

PART B (RB)

1~ 4 OPEN HIP TWIST W in 4 TANDEM; ROCK 3;W ROLL OUT to LUNGE STORK LINE; REC W TRN BACK TCH CP;

- QQS 1 {Open Hip Twist to TANDEM} Check fwd L, rec R, cl L, (W bk R, rec L, fwd R swivel 1/2 LF on R, sd L),- (W QQQQ) TANDEM Pos WALL;
- QQS 2 {Rock 3} Same foot sd R, rec L, rec R,-;
- SS 3 {W Roll Out Lunge Stork Line} Sd L leading W roll out to LOD, -, rec R relaxing R knee,-(W fwd L commence LF trn, (W QQS) sd & bk R cont LF trn, join lead hand sd L with rf foot knee up lf arm straight up,-) LOP pos fc WALL;
- SS(W QQ--) 4 {Rec W Trn CP} Rec L leading W trn RF, -, rec R, - (fwd R, fwd L trn RF, tch R, -) CP;

5~ 9 ROCK 3; W RONDE LARIAT /WALL;; SLOW SD W TURN to STORK LINE ; REC PALM TOUCH,HOLD, FWD,PICK UP, ;

- QQS 5 {Rock 3 } Bk L slightly trng RF, rk fwd R, rec bk L,- (fwd R, rec L, fwd R,-);
- QQS 6-7{ W Ronde Lariat} Rk fwd R lead W ronde, sd L, cl R, -(rec L ronde R circle M CW with joined lead hnds. XRIB, sd L, (W QQQQ) fwd R); sd L, rec R, rec L, cl R(fwd L, fwd R, fwd L,-) end CP Pos WALL;
- Q-- 8 {Slow Side W Trn to Stork Line} Sd L,-,-, (swvling up to 1/2 RF on L with rt side stretch sd R with lf foot knee up rf arm straight up,-,-,-);
- SQQ 9 {Rec Hold,Fwd,Pick Up} Rec R palm touch with lead hnd, Hold, fwd L, sip R, (rec L trn lf palm touch,-, fwd R trn LF, fwd L fc ptrn) end CP fcg LOD;

Meas

INTERLUDE

1~ 4 REVERSE TURNS to FC/WALL;; ;

- 1a23a4 1~4 {Reverse Turn} Fwd L trng LF/sd R, XLIF(cl R),Bk R trng LF/sd L, cl R(XLIF) fcg LOD;
- 5a67a8 fwd L trng LF/sd R, XLIF(cl R),Bk R trng LF/sd L, cl R(XLIF) fcg LOD;
- 1a23a4 fwd L trng LF/sd R, XLIF(cl R),bk R trng LF/sd L, cl R(XLIF) fcg LOD;
- 5a67a8 fwd L trng LF/sd R, XLIF(cl R),Bk R trng LF/sd L, cl R(XLIF) to CP fcg WALL;

5~8 WHISK L & R; WHISK L & R W WRAP; SAMBA WALKS; W UNWRAP & LF ROLL TRANS to SHADOW;

- 1a23a4 5 {Whisk L & R} Repeat 7 of part A
- 5a67a8 6 {Whisk L & R W Wrap}M repeat 7 of part A with lead W LF trn to wrap (W sd R/XLIB, rec R, sd L 1/2 LF trng./fwd R Under joined lead hnds, Fwd L end WRAPED pos);
- 1a23a4 7 {Samba Walks} Fwd L/push bk R, draw L bk twd R, fwd R/push bk L, draw R bk twd L;
- 5a67a8 8 {W Unwrap & LF Roll Trans} Release jnd ld hnds lead W to roll out RF with jnd trail hnds sd L twd COH/XRIB, rec L (W fwd R twd WALL RF trn/sd L, cont RF trng, sd R), Sd R/XLIB, rec R (W fwd L twd COH LF trn/sd R cont LF trng, tch L) end SHADOW pos fcg DW;

Meas

PART C

1~4 SHADOW TWINKLES; SHADOW CURVING VOLTA; SHADOW TWINKLES; SHADOW CURVING VOLTA(W RF TRN) to CP/RLD;

- 1a23a4 1 {Shadow Twinkle Twice} L ft free for both fwd L/trng LF 1/4 to fc DLC sd R, cl L, fwd R/trng RF 1/4 to fc DLW sd L, cl R end SHADOW Pos both fcg DLW;
- 1a2a3a4 2 {Shadow Curving Volta} XLIF/sd R comm curving LF 1/4, XLIF/sd R cont curving LF, XLIF/sd R cont curving LF to fc DLC, XLIF end SHDOW Pos both fcg DLC;
- 1a23a4 3 {Shadow Twinkle Twice} Fwd R/trng LF 1/4 to fc DLW sd L, cl R, fwd L/trng LF 1/4 to fc DLC sd R, cl L end SHADOW Pos both fcg DLC;
- 1a2a3a4 4 {Shadow Curving Volta} XRIF/sd L comm curving LF 3/8, XRIF/sd L cont curving RF, XRIF/sd L cont curving RF (W 1a234) to fcg RLOD, XRIF (release hnds curving RF to fc LOD) end LOP Fcg/RLOD;

- 5~8 PLAITS;; BK TRAVELING BOTA FOGO 3 TIMES to SCP/LOD;,, THRU FC CL;**
+ RK SD, REC,
 123&4 5-6 {Plaits} Bk L, bk R sm step, sm bk L/sm bk R, sm bk L (swvl 1/8 RF on L sm fwd R, swvl 1/4 LF on R sm fwd L,
 567&8 swvl 1/4 RF on L sm fwd R/swvl 1/4 LF on R sm fwd L, swvl 1/4 RF on L sm fwd R);
 Bk R sm step, bk L sm step, bk R /bk L, bk R (swvl 1/4 LF on R sm fwd L, swvl 1/4 RF on L sm fwd R, swvl 1/4 LF on R
 sm fwd L/swvl 1/8 RF on L sm fwd R, sm fwd L);
 1a23a4 7~8 {Back Traveling Bota Fogo 3 times: Thru FC CL} XLIB(W XRIF)/sd R slightly trng RF, rec L end SCAR M fcg DRC,
 5a67a8 XRIB(XLIF)/sd L slightly trng LF, rec R endin BJO M fcg DRW; XLIB(W XRIF)/sd R slightly trng RF, rec L
 to SCP/LOD, thru R/sd L, cl R CP fcg WALL;
 12 + {Rock Sd, Rec,} Rk sd L, rec R.

Meas

PART D

- 1~ 4 BOTA FOGO SCP,, FOOT CHG; CONTRA BOTA FOGOS; ROUNDABOUT;**
KICK BALL CHANGE TWICE;
 1a23a4 1 {Bota Fogo } Fwd L/sd R trng LF, rec L (W bk R/sd L trng RF, rec R) end SCP both fcg LOD;
 {Foot Change (W Bota Fogo) to BJO Trans} Flick R fwd leading W Bota Fogo/small bk R on (W 3a4) ball of ft half
 wgt, rec L (W thru L/sd R trng LF 1/4, rec L) end Contra BJO M fcg DLW (W fcg DRC);
 5a67a8 2 {Contra Bota Fogos} On same footwork Contra BJO M fcg DLW R ft free for both fwd R outside ptr/sd & fwd L trng RF
 1/4, rec R to Contra SCAR M fcg DRW, fwd L outside ptr/sd & fwd R trng LF 1/4, rec L Contra BJO M fcg DLW;
 1a2a3a4 3 {Roundabout} Swiveling RF on L XRIF comm curving RF 1/2/sd & bk L, cont curving RF XRIF/sd & bk L,
 cont curving RF XRIF/sd & bk L, rec R end Contra SCAR M fcg DLW;
 1a23a4 4 {Kick/Ball Chg Twice} flick L fwd outside ptr/small bk L on ball of ft half wgt, rec R, flick L fwd outside ptr/small bk L
 on ball of ft half wgt, rec R;

- 5~ 8 CONTRA BOTA FOGOS; ROUNDABOUT; KICK BALL CHANGE TWICE;**
FOOT CHANGE to SCP,, SAMBA WALK(W TRANS) to SHADOW,;
+ RK SD, REC,
 5~7 Repeat 2~4 of Part D start from 1f foot
 1a23a4 8 {Foot Change W Bota Fogo Samba Walk W Trans to SHADOW } Flick L fwd leading W Bota Fogo/small bk L on
 (W 1a234) (W 3a4) ball of ft half wgt, rec R end SCP; fwd L/push bk R, draw L bk twd R, fwd R/push bk L, draw R bk twd L
 (fwd L,-,fwd R,-);
 12 + {Rock Sd, Rec} Rk sd L, rec R,

Meas

ENDING

- + SHDOW PRESS**
 1 +{Shadow Press} Press L toward LOD lf hnd extend to LOD rt hnd straight up